



Apricot and Lamb Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 sticks cinnamon (3-inch)
- 4 cups couscous cooked
- 6 ounce apricot dried halved
- 2 teaspoons ginger fresh grated peeled
- 0.3 cup parsley fresh chopped
- 2 teaspoons garlic minced
- 1 teaspoon ground coriander

- 0.5 teaspoon ground cumin
- 2 tablespoons honey
- 2 pounds leg of lamb boneless trimmed cut into bite-sized pieces
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest grated
- 0.5 cup beef broth
- 2 cups onion diced (1 large)
- 0.5 cup orange juice
- 1.5 teaspoons salt
- 0.3 cup slivered almonds toasted

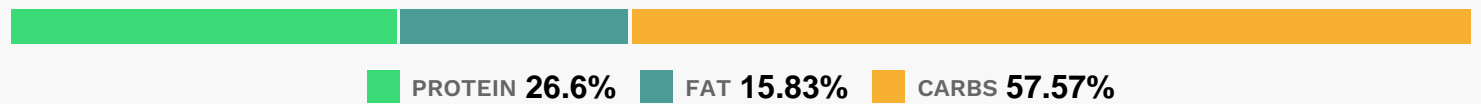
Equipment

- slow cooker
- tajine pot

Directions

- To prepare tagine, combine the first 15 ingredients in an electric slow cooker. Cover and cook on low for 8 hours. Discard cinnamon sticks.
- Place 1/2 cup couscous on each of 8 plates. Top each serving with 1/2 cup lamb mixture, 1 1/2 teaspoons almonds, and 1 1/2 teaspoons parsley.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:19.12, Inflammation Score:-8, Nutrition Score:18.128695819689%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 296.51kcal (14.83%), Fat: 5.33g (8.19%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 39.02g (14.19%), Sugar: 19.02g (21.13%), Cholesterol: 45.72mg (15.24%), Sodium: 517.57mg (22.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.14g (40.28%), Selenium: 39.46µg (56.37%), Vitamin B12: 1.93µg (32.15%), Vitamin K: 32.06µg (30.53%), Vitamin B3: 6.07mg (30.36%), Manganese: 0.46mg (22.79%), Zinc: 3.29mg (21.95%), Phosphorus: 205.88mg (20.59%), Potassium: 674.2mg (19.26%), Vitamin A: 961.14IU (19.22%), Vitamin C: 15.49mg (18.78%), Fiber: 4.57g (18.26%), Vitamin B2: 0.28mg (16.28%), Iron: 2.77mg (15.4%), Vitamin E: 2.1mg (14.03%), Copper: 0.27mg (13.45%), Vitamin B6: 0.27mg (13.4%), Vitamin B1: 0.2mg (13.18%), Magnesium: 50.79mg (12.7%), Folate: 47.65µg (11.91%), Vitamin B5: 1.04mg (10.35%), Calcium: 59.95mg (6%)